



IDENTIFYING AND CHALLENGING "BELIEFS"



SMART
Family & Friends

1. Can you identify an unhelpful belief you hold in relation to your Loved One's addictive behavior?

2. Can you challenge this belief and replace it with a more helpful belief? What is that new belief?

3. What changes in your feelings and behaviors might you notice as a result of this new belief?

"This process may involve challenging some very old, deeply held, habitual beliefs about how you, other people and the world should be. As these beliefs are so habitual, it may take some time just to recognize them. And it takes even more time to challenge them and replace them with new beliefs that work better for you. In the long run, all this effort is well worth it!"

~Jonathan von Breton

